

ALBERTA Native News

Stalemate in Lubicon Land Claims

by H. Chaparrel

E. Davie Fulton, chief negotiator for the Lubicon Lake Indian Band, is fearful the dilemma over Union Oil Company's proposed pipeline in the district will protract efforts to mediate native land claims there.

For the past month, Fulton has been working on the problem which he says has created an atmosphere "where my inquiry itself has come to a virtual standstill".

Bernard Ominayak, Lubicon Lake Chief, has been threatening more lawsuits,

as well as other forms of protest to stop construction.

Currently, the band is threatening a fresh round of lawsuits against federal Indian Affairs minister, David Crombie, the Energy Resources Conservation Board, and the Union Oil Company.

The approval of even more projects in the bands "traditional area" — a 40 square-mile tract at the heart of the land claims, mean there will be "nothing left to discuss", according to Ominayak.

Boycotting thousands of service stations and truck stops belonging to Union's U.S. parent company is just one of the possible protest actions the band is considering.

Ed Fox, ERCB pipelines manager, recently stated that the Lubicon pipeline proposal is now "on hold" at the company's request, and no work can begin until approval is given. It's the kind of process that could take weeks, or even months, Fox indicated.

Should the pipeline

quandry remain in limbo, or a new round of lawsuits be launched, Fulton said his inquiry may no longer be of

any use. Previous band attempts to win injunctions against developments have failed.



New AFN Vice-Chief

by H. Chaparrel

Harry Allen has been nominated by chiefs of the Yukon as the new Assembly of First Nations (AFN) Northern Vice-chief, a position recently vacated by George Erasmus.

"I'm very pleased, of course," said a jubilant Allen shortly after he was elected to the position. "It's a situation where you work for all northern people". His office represents Native people in both the Yukon and Northwest Territories.

Allen said his first priority will focus on the land claim issue. Next month, he is expected to meet with Kikwi and Yukon chiefs to plan a new strategy in dealing with the federal land claim policy review.

Now that Allen has a position at the federal level, Yukon chiefs must now look for someone to replace him locally. The chiefs have the option of holding either a by-election or a general election.

Albert James, Vice-chairman for land claims, said he wasn't interested in the chairman's office, but Mike Smith most definitely is. Smith's name was put forward

ward by the chiefs in the last election, but Smith himself conceded he didn't have a ghost of a chance against Allen.

At no time did Allen feel he was indirectly or directly being pushed out of the chairman's position. "The Council of Yukon Indians is a strong organization, it's just not one person," he quipped.

Allen has been chairman of the CYI since its inception as an organization representing both status and non-status Indians in the territory. The amalgamation of the Yukon Native Brotherhood with the Yukon Association of non-status Indians and CYI occurred in 1980. Since then, Allen has been thrust into many difficult situations, and even experienced a major setback.

No Support

In 1983, the ruling Conservative territorial government continued on Page 2

Natural Parents Want "Caged" Child Back

by H. Chaparrel

A mentally handicapped boy who was kept in a makeshift basement cage because he allegedly destroyed an upstairs bedroom, is now wanted back by his natural parents.

A seven-year-old boy named Quinten was removed from the home of Jacques and Evelyn Lord last month after the department of Social Services received word from neighbors that the boy was being deliberately caged "like a wild animal".

Band officials at the Kehewin Indian Reserve, where Quinten was born, are fighting to have the brain-damaged lad returned to his natural parents on the reserve.

Incidentally, the foster parents who cared for the child for the past five years, want Quinten returned to them.

Neil Webber, minister of Social Services, said Quinten's own Native community will play a major part in finding his future home.

Webber thinks it's best for the Kehewin band to

work with the provincial Children's Guardian to work out a suitable solution.

Although Webber described Quinten's former foster home in the Bonnyville area as "unconventional", he conceded the possibility exists that Quinten could return to the Lord's home.

Webber remarked that his department has custody of the boy "by agreement", but noted the natural parents can break it any time they wish.





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New Initiatives Set In Education

Proposals aimed at preserving pride in Native heritage, and promoting educational opportunities for Native students, highlight a draft policy paper recently presented by Education Minister Dave King.

"The native view of the purpose of education is that it should provide knowledge, skills and attitudes necessary to survive in today's society," the report states.

The new policy recommends development and delivery of programs for Native students and will offer:

- better educational opportunities.
- opportunities for Native peoples to help guide and shape of the education of their own children.
- opportunities for every student to both recognize and appreciate native culture and their contributions to society.
- opportunities to study and experience their own and other Native cultures and lifestyles.

• a challenge for Native students to learn and perform to the best of their ability.

The new government initiatives were welcomed by Metis leader Sam Sinclair. "I'm very happy they are trying to improve the educational position for Native students," he remarked.

But Sinclair warned the initiatives could be stalled if school boards remain in charge of the entire decision-making process.

The policy was developed by a four-member panel that travelled throughout the province to hear concerns from Native communities. King said the policy will form the basis for discussion by Native peoples and others in the school system.

A revised policy statement is expected within a year.

New Guidelines

Social workers throughout the province have been sent fully-detailed guidelines to better instruct them on Native cultures so they can work more closely with Native communities in child welfare cases.

The new document, 22 pages in length, informs workers that there is a strong aspiration on the part of Alberta's Native people and communities to take care of their own children.

The guidelines point out that child welfare committees, comprised in part of Indian and Metis bands, should assist in the decision-making process concerning children and their families.

They also say every effort should be made to maintain the bond of children to their Native heritage and culture.

Neil Webber, minister of Health and Social Services, said the guidelines were drafted jointly by the working group on native child welfare and department officials. The plan to draw up new guidelines was instituted last year, shortly after the suicide of foster child Richard Cardinal.

The guidelines will be evaluated after a six-month probationary period, and quite probably revised before binding policy is set out. "It is setting flesh on the bones of the Child Welfare Act... setting out the basic principles that act is based upon," Webber said.

"The basic philosophy of native child welfare is that Natives should be more involved in decisions, and have a say about temporary and permanent wardships and foster home placements," he added.

Ray Thomlison, dean of social welfare at the University of Calgary, remarked that the new guidelines are more in touch with the human needs of Native. Thomlison wrote a report last year criticizing the

methods used by the government to investigate the suicide of Richard Cardinal, who hung himself in a jail cell.

"It shows that the policy guidelines are congruent with what I was intending under the heading of returning control of child welfare to native people," said Thomlison.

The new guidelines complement the aim of the Child Welfare Act of being as non-intrusive as possible. If some kind of government intervention is called for, every effort should be made to keep the child in his home community, or at least some place where there is cultural heritage and tradition.

Recognition of Native values and culture is also urged for social workers at all levels of the child welfare process.

AFN Vice-Chief - continued

ment was determined to halt the land claim talks altogether. Twice that year, government negotiator William Phelps, now leader of opposition Conservative party, walked away from the negotiating table.

In early 1984, the CYI and the federal government penned in agreement-in-principle contract, and Allen thought his land claims worries were nearing an end.

But some of the 12 Yukon Indian bands were reluctant to sign the accord at the 1984 general assembly, held in Tagish. As a result, the agreement became almost meaningless, and the land issues were back on the back-burner.

Now the federal and territorial governments, along with the CYI, are in the process of ratifying a memorandum of understanding that could be signed, sealed and delivered this month.



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Inquiries About Bill C-31 Still Pouring In

by H. Chappard

Debbie Jette, director of implementing Bill C-31, says the new legislation is creating a great deal of anxiety in communities.

Speaking before a large audience at the Native Peoples' Law Conference in Edmonton last month, Jette said she wants to "streamline the processing of applications that will restore Indian status".

Almost half the applica-

tions sent in so far have posed no problems, and are processed in about an hour. But the other half are much more complicated, and take from one day to a full week to process.

"We had two hotlines installed to answer inquiries, and received 400-500 calls a day. Presently, we are receiving approximately 100

calls on each hotline per day. The hotlines are being used by the Indian people for inquiries other than Bill C-31, however", she explained.

Jette told hotline workers to take the names and numbers of callers if they were unable to answer inquiries on the spot. Callers are also being advised to phone back

if they haven't received a call within 24 hours. "I will personally make sure the inquiries are handled properly," Jette quipped.

"We're here to offer a service to Native people, and that's what I intend to do. My job is to respond," she added.

In response to the numerous questions about educa-

tion benefits for non-Status Indians, Jette explained that applicants must obtain an application for restoration of Status first, and then send it in.

If applying for entrance to a post-secondary institution, applicants must be sure to state they are waiting for their Status application to be processed.

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Northern Alberta Development Council now accepting nominations

Nominations are now being accepted to replace the retiring members of the ten-member Northern Alberta Development Council, which includes eight citizens from the general public and two elected MLAs.

The Council meets regularly to advise the government on matters relating to the development of Northern Alberta.

Nominations will be accepted from citizens' groups and organizations and will be for terms of one, two or three years, beginning April 1, 1988. All nominations must have the concurrence of the nominee and should include a resume noting the nominee's community involvement, interests and commitment to Northern Alberta. Qualifications which would merit the nominee's appointment to the Council should also be included.

Send nominations to:
Chairman, Northern Alberta Development Council
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Treaty 6 Chiefs Return To Tradition

by H. Chaparell

Treaty 6 chiefs have laid the groundwork towards building a new form of mutual consultation among bands, based on traditional and cultural Indian customs.

Chief Sam Bull of the Goodfish Lake Reserve said the Treaty 6 Chiefs Forum is useful in solving a number of mutual problems among the bands. "For the first time, I've seen good representation at meetings".

At the original meeting in Hobbema, 12 of the 17 chiefs were represented, and at the last meeting at Enoch, all 27 chiefs were present.

Even though some of the chiefs are still members of either the Indian Association of Alberta (IAA), or the Prairie Treaty Nations Alliance (PTNA), the

forum brings the chiefs together "in the same way our forefathers came together to discuss the treaties," said Bull.

Bull noted there was a consensus during the forums that Natives were too hung up on organizational structures. "When you go to a meeting, half of the discussion is on funding or on politics when it comes to the election of officers," he said.

Because of the bureaucratic set-up, Bull said that chiefs have not had an adequate opportunity to discuss deep-rooted problems. Instead, he pointed out, the government uses organizations such as the Treaty 6 Forum for their own benefit.

In order to get funding, for example, Bull said the AFN had to agree to go to

the First Ministers' Conference, as well as give consent to Bill C-31.

For that reason, the Forum will not be registered under the Alberta Societies Act.

The Forum, according to Bull, is a process in which chiefs, councils and elders can get together to discuss ideas. Each month, the chiefs meet on a different reserve, with the host chief acting as chairman.

One of the most contentious issues on the table concerns Bill C-31, and in particular, the development of a membership code required under the legislation. The Forum is working to ratify a uniform code on a Treaty 6-wide basis.

Indian bands are also worried about the announced cuts in the Department of Indian Affairs (DIA), and the potential transfer of funds and responsibilities to the bands themselves.

Bull acknowledged that many bands are still not prepared to assume such a task. "We have to get our own mechanism in place to handle that responsibility, or the government will walk all over us," he said.

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Respect For Older People

"When I was growing up, we always respected the Elders; Big respect. The older people were wiser."

Victor L'Hondelle,

President: Canadian Native Friendship Centre,
Aboriginal Veterans Society of Alberta

"In the Old days the Elders and older people reminded us where we came from. They taught us the history of our people and about our religions. They showed us how to live a good life. They showed us what plants were good to use as medicine, which ones were poison. If the older people don't give us this knowledge because we don't want it anymore, we will lose more of our culture. It will be gone forever. That will be very sad for us, the Native people."

John Morneau/Gray 1985

ANONYMOUS



Many of us have heard the saying "Respect your elders". But what does it really mean? Does it mean we should be nice to them? Does it mean we should listen to them? Both of the answers are "yes", but there is more to it than that.

Older people have been alive longer than we have. They were once children like you and I. They had to learn what life means. They played and laughed. Most of them had to go to school. Older people taught them things, and they had to listen. They listened because they didn't know many things. It was older people who taught them to learn.

As they grew up, they had to learn to live in the world. They raised families and watched them grow up and leave. Many of these older people are very wise. Growing old taught them many things. That is why we respect them. We respect the life they have lived. To native people this is traditional.

The Indian people call these people Elders. They learned many things about life, and are wise. Elders and older people are always respected by the Indian person who believes in the native faith.

An Elder teaches us things that will be useful

and important to us as we grow up. One Elder person said "there is no end to learning". If that is true, then we learn till we die. Elders are still learning things. Elders have learned about things such as Native beliefs, loving others, trust, faith, sharing and many more things. They help us to live a good life. We respect them also, because they are teachers.

What is respect though? In order to understand respect, we first have to understand honesty, trust and love.

Say some person you knows tells you a totally ridiculous lie. Is that hon-

esty? No at all. How do you feel when that person lies to you? Most of the time you laugh at them or get angry. If the person continues to lie to you, you stop listening to them. If a person doesn't lie to you, that person is being honest. If that person says something to you, then you will probably listen. You know that he or she is telling the truth.

All of us have friends we trust. Our friends don't lie to us. They tell us the truth, so we trust them. They honestly like us and care about us. If someone beats you up, then you would have a hard time trusting them.

When you have a friend who is honest with you and trust you, then you have a close friend. There is a bond between you both. You can say: "There is my friend whom I love". Is this true? Of course it is true. Have you ever said "That is my friend and I hate him"?

So, if you honestly trust and love someone, then that is respect. Respect for older people is very much like this. An older person or Elder cannot make you respect them. They cannot

force you to trust them, nor do they want to. They have earned that respect by living an honest life. These older people cannot even command you to love them. That choice is up to you.

The Elders have many things to offer you if you want them. They have shown the native community that they are honest. They have shown that they care. They have shown people they can be trusted. That is respect that they have earned by living an honest life. That is the traditional way. We respect them because they have lived an honest and longer life than us.

If you were an older person, would you want people to respect you?



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One Of The Tragedies

Four years ago my husband and I, with our two little girls, set out to visit some relatives living out on the farm. It was to be our last trip, as I was eight months pregnant with our third child.

It was a beautiful, clear,

sunny evening, and we were glad to leave home and daily pressures behind.

At the same time, a man from a small community outside of Edmonton — a heavy drinker and diabetic, with a long-since suspended licence — decided to have a

few beers at a local bar and then a few more at another. He then went with a new found companion and more beer on a wild joyride through the countryside in a half-ton pickup truck. He laughingly forced cars off the road, tailgating and driving in a totally erratic and unpredictable manner.

When we met this man, it was in a head-on collision, so severe that our station wagon was thrown into the air and across an intersection, coming to rest right side up in the ditch. The driver of the truck had an injured foot. Our situation was a bit different.

Without going into detail, I will tell you that my husband died in that crash, and my elder daughter died two hours after her father. I received injuries and was saved from going into pre-

mature labour at that time. A baby boy was delivered six weeks after his father's death. My younger daughter survived with facial cuts and a broken leg and spent six weeks in hospital in traction, under psychiatric care.

I now struggle to cope with widowhood and being a single parent, and with severe financial problems that resulted from the collapse of my husband's land investments due to his death, combined with legal and economic complications.

The impaired driver in question was tried and convicted 15 months after the accident for criminal negligence. He received four years in jail but was eligible for parole after serving only one-sixth of his total sentence. He appears to have had a drinking problem for many years, and five previous convictions for impaired driving — receiving suspended sentences and small fines.

I am now an active member of PAID (People Against Impaired Drivers) working in Edmonton and Calgary. We advocate changes in the Criminal Code, and try to use persuasive powers on a stubborn, unyielding government in a province known for its high consumption of alcohol, where drunken behaviour is a tolerated and accepted norm. We do safety teaching in schools, discuss the problem on talk-back shows and publicize our cause whenever possible.

However, it seems to be a losing cause. Little is done to change the situation. Repeat offenders still receive suspended licences and small fines, despite blood-chilling accidents, and continue to drive in alcoholic hazes.

Whose rights are in question here? Mine to live my life as planned — or his to drive?

— Pat Axani
Sherwood Park, Alta.

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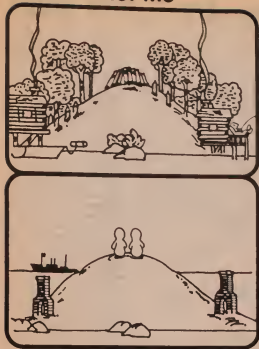


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AN ENERGY PARABLE

One day not too long ago, a merchant ship ran into an uncharted iceberg and sank.

Two passengers escaped in a small boat to an uninhabited island. They immediately set about making themselves comfortable.

They built homes to protect themselves from the elements and fishing poles to give them a food supply. They had fires to warm their homes and cook their fish and, of course a signal beacon on high ground to attract a rescue ship.

As time passed they realized that their energy supply — wood — was slowly disappearing. They discussed the problem but continued to live in the same manner.

When all the trees were gone they met again, blaming each other for not taking action. They stormed down the hill to wait. While they waited, they had to keep warm, so they burned

their homes board by board. When the houses were gone they began to borrow logs from the signal beacon. Then the life boat disappeared.

Finally there wasn't a stick or a shrub or a leaf left on the island. The two met at the high spot and without a word, sat and sat and sat.

Parents' and teachers' note — this story is based on a slide tape presentation developed for children. TransAlta Utilities has a number of resources to help teach energy awareness and management. Developed for a variety of grade levels, these resources include audio-visual material, lesson plans and activity ideas. For more information contact TransAlta Utilities, Energy Management, Box 1900, Calgary, Alberta, T2P 2M1; or call 267-7493.

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Energy assistance for Alberta homeowners

Have you ever wondered how to properly insulate your basement, or whether homeowner grants are available to assist in a major renovation? Did you hear about energy conservation workshops and wonder how to participate? Do you just want to talk to someone about saving energy? If so, the Energy Conservation Branch of Alberta Energy and Natural Resources can help you.

A series of booklets prepared by this department deals with many ways to reduce a home's energy consumption and save money at the same time. They are the Alberta Energy Savers Series. You can find them in most building supply and hardware stores in

the province. Topics include attic insulation, heating system selection, condensation concerns and grants for homeowners. The latest booklet, released in September, deals with windows and ways to make them more energy efficient.

Hands-on workshops are conducted throughout Alberta by the Energy Conservation Branch. Given by skilled presenters, these two-hour workshops feature quizzes, hand-outs and a wide ranging display of materials. They are suitable for all homeowners interested in reducing energy costs.

If you are building a new home or renovating, you may wonder

about the best or most economical way to make your home more energy efficient. Questions about product availability, energy costs or construction techniques are just a few of the problems homeowners have to deal with. The staff at the Energy Conservation Branch are available to help answer those questions and more.

For some answers, information about home energy workshops or literature on energy conservation, contact the Energy Conservation Branch, Alberta Energy and Natural Resources, 10010 106 Street, Edmonton, Alberta T5J 3L8. You can call collect at 427-5300. Your home will love you for it.



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the FREE booklet, "Energy Efficiency in the Home". It contains dozens of practical tips on how to reduce energy consumption and costs in your home.

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Do-it-yourself insulation - here are a few tips

The cost of insulating your home can be decreased substantially by doing the work yourself. Different installation methods apply for each type of insulation and each area of the home, and there are a few tips and rules of thumb that should be followed by homeowners doing any type of insulating work.

Insulation wraps the house in a layer that slows the rate of heat loss. Insulation traps tiny pockets of air. This air reduces heat loss by conduction and since air cannot circulate, heat loss by convection is minimized. It also blocks heat radiation. An air-vapour barrier is used to ensure that humidity from the house does not enter the building structure and cause damage.

The insulating material must

be carefully chosen and installed so that it completely blankets the available space, otherwise heat will escape through the holes. If the material is compressed it will also be less effective. Bear in mind that the cold side of insulation needs to be ventilated to allow moisture to escape and prevent damage to the insulation and surrounding structures. There are four types of insulation — batt or blankets, loose fill, rigid or semi-rigid foams.

All insulation materials are potentially hazardous and must be handled with care. Read the product instructions closely. There are a number of safety precautions you should follow when working with any type of insulation:

• Never smoke near insulation.

• Handle equipment carefully. Sprayers, blowers and foams require special instruction and practice.

• Wear long sleeves with tight cuffs, loose, thick clothing and gloves. Insulation materials can easily irritate the skin.

• Goggles should be worn if there is a possibility of insulation dust coming in contact with the eyes.

• A nontoxic particle mask or breathing filter should be worn.

• Hard hats are necessary to prevent head injuries, and to protect eyes and hair from insulation particles.

• Vacuum fibres or dust if possible; if not, wet the area before sweeping to prevent particles from becoming airborne.

Check and repair any roof

leaks before adding insulation to the attic. Lay boards over the tops of joists or lower truss members to form a walkway. Good lighting is essential, but avoid using an open bulb as it can ignite some types of insulation and it is easily damaged. Locate all electrical wiring and then avoid unnecessary contact with it. If it doesn't look safe it should be inspected. Avoid heat stress. If it is a really hot day stay out of the attic completely. If you find there are nails protruding from the floor, wear safety boots, otherwise shoes with good traction are fine. No matter how tight the house, some moisture will find its way into insulated areas. Adequate venting is essential to allow its escape to the outdoors.

The basement can be insulated

on either the inside or the outside. When working inside, keep yourself and materials away from the flue pipe of the furnace, or any other source of heat. Watch out for knob and tube wiring that is in poor condition (this is more likely to be a problem in an older house). And before you begin, be sure to caulk any cracks between the foundation and sill.

If you're working outside, it is going to require a lot of digging before the job really begins, so allow lots of time for this step. If any services such as gas, telephone or cable enter your home underground, be sure to find out where before you start digging. Special care should be taken to prevent damage to exterior drainage pipes or tiles. If you don't have these, this is a good time to install adequate drainage and waterproof exterior basement walls.

Walls are generally the most difficult and most expensive part of the house to insulate, but if you decide to do the work yourself, be sure to follow the safety precautions listed above. In most cases, the advice or services of a professional will be required.

Your best source of how-to information on insulation is *Keeping The Heat In*, available free from Energy, Mines and Resources Canada; or call the HEATLINE at 1-800-267-9563 (112-800-267-9563 in British Columbia) for help.



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Flick of the wrist saves money

You can save up to 50 per cent of the potential for electric energy savings in your building by simple, no-cost measures, according to a brochure from TransAlta Utilities.

How to Reduce Energy Costs in Your Building lists ten fast, easy and no-cost ways to start saving energy now:

- Turn off lights where possible.
- Remove unnecessary light bulbs.
- When replacing bulbs, use lower wattage or more efficient ones.
- Lower your heat settings.
- Raise your air conditioning settings.
- Turn off heating and air conditioning at night and on week-ends.
- Turn off heating and air conditioning in unoccupied areas.
- Delay turning on heating and air conditioning at the start of the day.
- Turn off heating and air conditioning sooner at the end of the day.
- Lower your hot water temperature.

For more information on saving energy in your building, or to obtain your copy of *How to Reduce Energy Costs in Your Building*, contact TransAlta Utilities, Energy Management, Box 1967, Calgary, T2P 2M1, or call 267-7194.



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Controlling humidity and condensation

Humidity and condensation are common problems in many homes — But the causes and available solutions are often complicated and confusing.

Infiltration is the movement of cold, dry outdoor air into your home through cracks and gaps.

Cold air cannot hold as much moisture as warm air, so when infiltrating air mixes with warm indoor air, humidity levels in the home tend to drop. So, except in humid regions, infiltration shouldn't cause condensation problems.

Exfiltration is another matter. This is the flow of warm, moist room air outwards through gaps and cracks in a building. As this warm air comes into contact with cold surfaces it cools, can hold less moisture and gives up the excess in the form of water or frost. It is probable that in most homes some exfiltration does occur.

During the winter months, condensation is usually a visible problem only when water or ice forms on the inside of windows, but it can cause more serious problems that cannot be seen. When house air, leaking into exterior walls or the roof, condenses as water or ice on cold surfaces, the result can be water-soaked insulation or even structural deterioration.

If you are having problems with condensation in your home, it is important to remember that there are three elements to control.

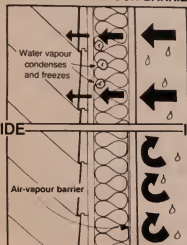
First, you have to try to stop moisture from getting into your home. Repair any leaks in basement walls, keep eavestroughing in good repair and make sure the grade slopes away from the basement walls. If the problem persists, try controlling the production of moisture inside. Keep lids on your pots when cooking, reduce the number of plants you keep indoors, keep firewood outside instead of in the basement, and try to take shorter showers. Curbing activities that produce moisture may be the only change you need to make.

But if surface condensation persists — moisture on walls or ice on windows — it probably means that you need insulation or additional glazing on the windows. If these steps fail, the only solution is to ventilate the house. Sometimes this just means opening the appropriate window or windows, but bathroom exhaust fans, a range hood fan or a central mechanical ventilation system may be necessary.

The most complicated problems are a result of hidden condensation — when humidity gets into a building cavity, such as the

attic. This is when structural damage, staining and ruined insulation are likely to occur. The easiest way to prevent this situation is to control humidity inside the house. Gaps and cracks in the interior finish of the house, which allow moist household air to leak into cavities, should be sealed. If problems persist, then ventilation of cold spaces, such as attics, should be improved. If the steps mentioned above are not effective, you should seek the advice of a professional, as your home may require more complicated changes.

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Keeping your car costs down

With uncertain fuel prices, owning and operating an automobile is an expensive proposition. It is important to keep fuel efficiency in mind when buying a new car, but it isn't too late to save money on the car you already own, with the help of a few tips for efficient fuel use.

The easiest way to save is by driving only when it is necessary. Use other available options like walking, biking, and public transportation systems. Or make a telephone call instead. Ride-sharing on trips to work is also a good way to save energy and money.

When you do use your car, try to combine a number of short errands or chores into one trip. It is estimated that we use 30 per cent of our gasoline on trips of less than 8 km. These short ventures consume excess fuel because the car's engine is not warm for much of the trip.

Avoid jumpy starts, because

more fuel is used and the tires wear out more quickly. Sharp jabs on the gas pedal activate the accelerator pump, which supplies extra fuel to the engine.

Never rest your foot on the brake pedal while driving, however lightly; this could put needless resistance on the wheels. If you are waiting for someone, or are caught in a traffic jam, turn off the motor.

Remove roof racks when they are not needed because they increase wind resistance significantly. Also, close your windows on the highway; open windows add to aerodynamic drag and raise fuel consumption.

Fill your gas tank only to the first "click", when the pump shuts itself off. Never top up the tank because the fuel might expand in warm weather and overflow the tank.

Try to decrease your speed on the

highway — tests show that most cars use 20 per cent less fuel when driven at 90 km/h than they do at 110 km/h.

Allow plenty of time to reach your destination. Driving to beat the clock forces you to speed, brake sharply, accelerate too rapidly and generally waste fuel and put strain on the car.

In the winter, drivers have to be even more careful if they want to improve the fuel efficiency of their vehicles. For example, at -12°C the average engine needs at least 15 km of driving to warm up fully, so its even more important to eliminate short trips from your driving pattern.

It is not necessary to let your engine idle for a long period when starting in the winter — 30 seconds is all the car generally needs. It will warm best as it is driven, but be careful to accelerate smoothly.

Watching the traffic well ahead of you and driving defensively, whether in winter or summer, is one of the best ways to save fuel. This allows you to travel at a consistent speed and avoid braking too often. If you are travelling on a hilly road, allow the vehicle to slow down as you climb the hill, and speed up to the legal limit when descending. In other words, maintain even accelerator pressure. Professional truckers call this "road management".

Regular engine tuning is vital if you want to get the most for your energy dollar. Tuning should be done every four months, but a fall and spring tuneup are important to get your engine ready for drastic temperature changes. This can cut fuel consumption by 10 per cent.

Tire pressure should be checked every week in the winter because temperature changes affect the pressure, and underinflated tires adversely affect fuel consumption. If your tire pressures are 20 kPa or 3 psi softer than the manufacturer recommends, you are using about 1.5 per cent more fuel

than necessary. And remember to check the tires when they are cold.

Snow tires running on dry pavement cause your car to consume 4 per cent more fuel than when you are using summer tires. So snow tires should be removed as early in the spring as possible.

Radial tires have well-documented potential for a 5 per cent or better improvement in fuel economy over bias ply tires.

P-Metric tires represent the state of the art in tires engineered for fuel economy. These tires are lighter, operate at higher pressures for the same load and offer less resistance when rolling.

An air conditioner adds weight to your car and can reduce fuel economy by as much as 6 per cent in a small car. When in use, it can increase fuel consumption by as much as 20 per cent in hot-weather stop-and-go driving.

Car costs can be cut dramatically. Organize your driving to take advantage of alternatives like walking or biking, and try to allow for those minutes of extra car care that will save you money.

Another reason for driver training — fuel efficiency

Safe, smooth driving techniques help reduce fuel cost as well as improve safety. Most drivers can get a 10% reduction in fuel consumption — some as much as 25% — using these techniques:

1. **You're \$\$\$ Ahead With a Good Attitude.** Safe, fuel-efficient driving is consistently steady. The skilled driver is relaxed, alert, resists the temptation to hurry, respects the rules of the road, is courteous, and drives in a way that prevents collisions.

2. **Smooth Driving Saves \$\$\$.** Looking well ahead gives you space to slow down, accelerate or change lanes safely and smoothly. Avoiding sudden speed changes saves fuel.

3. **On a vehicle with a manual transmission,** run through the lower gears smoothly and quickly and build up speed in the higher gears for maximum fuel economy. An automatic transmission will actually shift up earlier if you reduce pressure on the accelerator pedal as you gain speed.

When approaching a hill, gradually accelerating before the point where the vehicle would normally start to slow down (without exceeding the speed limit) can avoid hard acceleration on the up-grade. Instead of flooring the accelerator to maintain speed, allow the speed to drop off and shift to a lower gear if necessary. When driving down hills, ease up on the accelerator and let gravity maintain or increase the vehicle's speed to save fuel.

3. **A Little Time Saved ... a Lot of \$\$\$ Lost.** High speed increases the potential for collisions and increases fuel con-

sumption. Vehicles operate most efficiently at moderate, steady speeds — and last longer too. Fuel economy declines sharply over 90 Km/h.

4. **Consider Road Conditions and Save \$\$\$.** Weather, road and traffic conditions may necessitate a lower speed for safety and fuel economy. Whenever possible, drive the route with the best road conditions, less traffic and fewer stops, even if it's a little farther to go.

5. **Idling Gets You Nowhere ... Fast.** Idling wastes fuel and money. Even at -20°C most vehicles require less than two minutes of idling — provided windows are clear of fog or frost — before being driven away smoothly. In vehicles with an automatic transmission, the fast idle should be off before driving away when roads are slippery. On warmer days, you can just start and go.

6. **Air Saves \$\$\$... and Lives.** Properly inflated tires reduce rolling resistance, fuel consumption and tire wear and are safer. For safety and savings know your correct tire pressure and check it regularly.

7. **Keeping Your Vehicle Maintained Saves \$\$\$.** Regardless of how well a vehicle is driven, only one that is properly maintained can be fuel efficient and safe. This includes correctly adjusted air/fuel ratio, idle speed and ignition system and the use of the right grade of oil for your vehicle and driving conditions. Maintenance checklists for drivers are shown in Module 2.

ENERGY WATCH

Save energy



Save money

Electricity costs money — so the less you use, the less it costs you. It's as simple as that. And there are a lot of easy ways to save electricity:

- Turn off lights when you are not using them
- Plug in cars only when it is very cold
- Don't use ovens in stoves for heating the room
- Keep doors and windows closed in winter
- Don't leave fridge or freezer doors open
- Turn off all electrical appliances and equipment when you are not using them

Remember — Saving electricity means more money in your pocket, money that you can spend on other things.

Vandalism Hurts Everybody

How would you like someone to come into your house and turn your TV set off without your permission? Well, that's what a person does who damages utility poles, transformers, insulators, wires or lamps. Vandalism can cause power failures which affect everybody the same — no TV, no stereo, no lights, no fridge, no stove. It can also cause serious burns, accidents and death. So please report acts of vandalism to your local utility for everybody's sake.



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Timers — An idea whose time has come

Automatic timers are worth taking a little time to think about. They can save you money — and, best of all, do it conveniently.

Timers have a wide variety of uses. For example, they can switch on the power to your car block heater early in the morning, turn down your thermostat late at night and turn your Christmas lights on and off.

At this time of year they are especially useful, and their small size and low cost make them ideal for stocking stuffers and Christmas gifts.

How Timers Work

An automatic timer is a device which turns the power on or off to any electrical device at predetermined times. By using timers you can ensure that electrical equipment is used only when it needs to be and so cut down on electric bills. The best part, of course, is that you don't have to be there to flip the switch. It's done automatically by the timer.

All timers work on basically the same principle. A dock mechanism, usually electric, rotates a dial which is divided into

minutes, hours or days. "On" and "Off" times are set by moving the trippers around the dial. As the dial rotates it strikes one of the trippers and the power is turned on or off accordingly. The dial then continues its rotation to the next tripper and so on.

Types of Timers

There is a wide variety of timers available, with many styles and models to choose from. They can be divided into indoor and outdoor types.

Outdoor timers are made to withstand cold and wet weather conditions. Indoor timers aren't so durable and so should never be used outdoors, though outdoor timers can be used indoors. Outdoor timers can be used to regulate such things as outdoor lighting, car block heaters and in-car warmers.

Indoor timers can be either permanent or portable. Permanent timers are installed directly into the electrical system of your home and so become an integral part of the circuitry. They are often used to control thermo-

stats, air conditioners, and the like.

Portable timers come in two different types, with or without cords. In both cases, the appliance to be regulated is plugged into an outlet on the timer. The timer itself, if it is cordless, must be plugged directly into the wall outlet. But models with cords may be located some distance away on a table or counter for greater convenience. Indoor timers can be used to regulate anything from radios and lights to your electric coffee percolator — virtually any appliance in the house.

When buying timers, it is important to keep in mind their intended application. The volts, amps and watts of the timer and equipment must be coordinated. The maximum load the timer can handle is indicated on the timer. The name plate on your equipment shows the operating volts, amps and watts. If more than one piece of equipment is connected to the timer make sure it can handle the total load.

For example, an average car

block heater is 600 watts and an in-car warmer is 850 watts. If both are plugged into the timer, a total of 1,450 watts will be required. The label on the timer will tell you if it can accommodate this demand.

Electronic Timers

Electronic timers are now available which can be programmed to control a number of outlets from a small master unit. They don't require special wiring and can be plugged directly into a standard 120-volt outlet. The master unit regulates the individual items through modules which come with the electronic timer. Each module is coded and these codes are entered into the master unit that controls all the modules in the house. This master unit can then be programmed to regulate all the modules as desired. Thus an electronic timer can replace all the individual timers throughout your house and give you convenient centralized control. However, it is a relatively expensive system.

continued on Page 8

Travel tips for car fuel economy

Pretrip Tips

A few minutes of planning can save you fuel dollars and hours on the road.

When charting a trip compare different routes on a road map to find the best one.

Consider taking the shortest route with the flattest terrain and smoothest roads, and plan to avoid rush hour traffic congestion in larger towns and cities.

Even empty roof racks can add five per cent to your fuel bill.

Watch your weight — each additional 45 kg (100 lbs.) of load in the average car decreases fuel economy one per cent.

Engineuity

Did you know an engine tune-up can save you as much as ten per cent of your fuel bill?

If going on a long trip, check the scheduled maintenance requirements for your car. Consider having it done early if almost due. That way you will know that your engine is running efficiently, saving fuel. The check may also help avoid the cost and inconvenience of untimely repairs.

You're the Winner

Pick the winner in this 10 km race.

A car travelling at 110 km/h arrived about one minute earlier than the same make and model car travelling at 90 km/h. The first car used 20 per cent more fuel.

By avoiding fast acceleration and by coasting with your foot off the accelerator when approaching red traffic lights, you'll extend your winning streak.

Monitoring your gas mileage record will show how well you are doing. A marked drop in fuel economy can warn you of mechanical problems, too. A Fuel Economy Calculator and Log from Alberta Energy and Natural Resources, available at participating gas stations, can be used.

What a Drag

Don't let driving be a drag. Inflation can be good for you — when your tires are inflated to recommended levels, rolling resistance is decreased and fuel efficiency can increase one per cent per 14 kPa (2psi).

Radial tires can save five per cent more fuel than biasply tires. Winter tires are designed for slugging through snow, but replacing them with summer tires when the snow melts can increase fuel efficiency four per cent.

Keep your vehicle on the right track with a proper wheel alignment.

Why Mohawk Named Their New Fuel EM UNLEADED.



Mohawk EM UNLEADED — a premium unleaded fuel at a regular unleaded price! Easy on the Money.

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Timers

— continued

Uses of Timers

Timers come in a wide variety of models to suit a wide variety of applications. Here are some of them:

1. Regulate vehicle block heaters, battery blankets, battery chargers and interior car warmers to ensure reliable winter starting and elimination of frosted vehicle windows.
2. Offer security to an unoccupied home by controlling lighting. Two timers can even be used, each positioned in separate rooms and programmed
3. Control outdoor lighting such as Christmas, garden and lawn lights.
4. Regulate heat, especially supplementary, that is required during certain periods of the day or week, such as evening activity in rumpus rooms and cottage heating on weekends.
5. Control the operation of water heaters and air conditioning during off peak hours.
6. Regulate electrical radios, lamps and kitchen appliances.

so that as one light is shut off, another is turned on elsewhere. To create the sound of activity, radios can even be connected to the circuit.

— ENERGY —

Thermostat Timers

Considerable savings may be had, particularly at this time of year, by turning your thermostat down at night or during the day when no one is home. But when no one is home. But when no one is home. But when no one is home.

There is also the problem of remembering to turn the heat up or down at the appropriate time. The perfect solution to this problem is the thermostat timer. With one of these, the heat can be turned down at night and the morning, automatically, with no discomfort or inconvenience. Just set the timer and forget about it — surely an agreeable way to save money. Similarly, they can

be used to regulate the temperature if no one is home during the day or if you are on vacation. Timers can also be used to regulate cooling systems during the summer.

There are several types available. Automatic thermostat timers can replace any standard 24-volt thermostat. These units contain both a timer and a thermostat. They can be battery operated, eliminating the need for extra wiring and a transformer. Hooking them up is simple and does not require an electrician. Automatic thermostat timers offer multi-set programming with as many as three different timer settings. The battery lasts for years.

Electronic thermostat timers are also available. The main advantage of this type is its high degree of flexibility, since it can be programmed in different ways to suit your lifestyle. Electronic thermostat timers offer up to four temperature changes a day, a battery back-up system in case the power fails, and a solid-state reliability. Instructions are entered into the memory via a digital keyboard. The timers are battery operated and can be installed using existing thermostat wires.

Timers for Security

Another way timers are useful is to give your house that "lived-in" look while you are away on vacation. Timers can be programmed to switch lights, radios and televisions on and off to stimulate normal usage. There are also variable, as opposed to fixed, timers available which will turn power on or off at varying times within a given period to even better approximate real life. Timers, of course, can't do the whole job by themselves. They should be used in conjunction with other measures such as suspending newspaper delivery and having neighbours shovel your walk or driveway.

Power Saver Cords

Another timely area for savings is in the use of car block heaters and in-car warmers. Studies have shown that block heaters need to be turned on only three to four hours before starting your car in the morning. Plugging them in longer only wastes electrical energy and money. But who wants to get up in the middle of the night to plug their block heater in? The answer again is — get a timer.

There are two kinds of devices available to regulate block heaters. The first is a timer which simply turns the power on at a pre-determined time. The second is a power saver cord.

A power saver cord is essentially an extension cord with a thermostat built in to the receiving end which is saddle mounted to the heater hose. It is designed to supply power to a block heater only when the engine temperature falls below a certain point. Because it contains a built-in thermostat, when the engine gets too cold the power saver cord turns the power on to reheat it and then turns it off again when the engine becomes sufficiently warm. The length of time the power is on will depend upon how cold it is outside.

Which is better — a timer or a power saver cord? It depends upon your specific needs.

A timer is more economical because the power is only on for the minimum time required before the car will start. But if you unexpectedly have to use your car at 2:00 a.m. when a timer set to begin heating your engine at 3:00 a.m. will not be of much use. A power saver cord uses more electricity but it does give you the flexibility to use your car at any time during the period in which it is plugged in.

Thus the choice will depend upon how highly you value flexibility. If flexibility is important then a power saver cord is probably best. But if it's not that important, then a timer will save you more money.

So, this Christmas, take the time to give a little thought to timers. It could be worth every minute you spend.

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Energy management on the farm

Every year Canadian farms produce more food; the challenge is to do so while consuming less energy. Last year Canadian farmers put food on our table and at the same time exported \$9.5 billion worth of products. In 1981 farmers spent \$1.2 billion on energy. With rising energy prices, energy accounts for an increasing part of farm overhead. Cutting energy costs is critical to our continued competitiveness and is one area where real gains can be made. Research is revealing new practices that can reduce energy use, and confirming the value of many existing practices farmers are using to lower their energy bills.

The Saskatchewan government and Energy, Mines and Resources Canada set up a farm energy management program in 1981 to study 21 Saskatchewan farms. A wide range of types and sizes of farms was chosen throughout the province. Farmers were asked to monitor all energy use in the farmhouse, the barns and on the land.

Meters were put on all gasoline and diesel fuel storage tanks. Log books were kept to record quantities consumed, equipment used, and the job performed at each refueling. The amount of heating fuel and electricity used was calculated from invoices. Fuel use was divided into three categories:

- productions — hauling fertilizer, harvesting and hauling crops, grinding feed, handling and hauling manure, clearing land, picking rocks;
- transportation — fuel used for cars and trucks; and
- other — fuel used for such

equipment as garden tractors, snowmobiles, lawnmowers, all-terrain vehicles.

A research team of engineers, agricultural economists and energy analysts worked with each farmer to assess the information and come up with ways to cut costs and increase crop yields. The solutions are not new or magical, just sensible.

Using the appropriate machine for any given job yields real energy savings. Machines perform most efficiently when they are cleaned and tuned properly. They can be used more efficiently if the depth of tillage is reduced, if field working patterns are improved, and if the land is simply tilled less frequently. Less tilling has the side benefit of reducing moisture loss and soil erosion.

The same principles apply to multi-use vehicles. The half-ton pickup is not appropriate for small shopping expeditions. Keeping all vehicles properly tuned and tires at the maximum recommended pressure improves fuel economy. Timers allow engine block heaters to be used for two or three hours in the morning rather than all night.

At harvest time, the energy-consuming farmer leaves strips of tall stubble to hold the snow on the soil's moisture content and crop yield.

Nitrogen fertilizers, produced by using large quantities of natural gas, are expensive. Many farmers rotate legumes with other crops, adding significant amounts of nitrogen and organic matter to the soil. This practice, known as green manuring, can

reduce the use of nitrogen fertilizer.

New machinery is being developed to cut costs. Narrower cultivator tines move more easily through the soil requiring less energy and creating less wear on the equipment.

Just like other homeowners, farm families are saving energy by turning down the thermostat, maintaining their heating systems, lowering the temperature setting on the hot water heater, using less hot water, turning off unnecessary lights, re-insulating, sealing cracks. Windbreaks can be planted to shelter the home and farm buildings.

In the barns, the farmer can make sure the heating and ventilation systems are not competing. Thermostats, fans and motors must be kept weatherstripping



and clean if they are to function efficiently. Lighting can be reduced.

The success of this program is pointing the way to improved energy efficiency. If the steps identified were taken by all Saskatchewan farmers, the total energy bill could be cut by as much as 20 to 30 per cent.

The Canadian Farm Energy Management Task Force is

another organization promoting energy conservation on the farm.

The task force provides farm organizations with audiovisual and brochure material on farm energy management, assistance in the presentation of workshops and coordinates an interprovincial information exchange. The task force can be contacted through provincial agricultural organizations.

ELECTRICITY

One of life's great values



Give your farm an energy check-up

Lighting

- Choose the most efficient lighting systems available for indoor and outdoor lighting. Clean lamps and reflectors regularly.
- Use time clocks and/or photo-electric cells to automatically control lighting.
- Turn off all lamps not in use.

Furnace

- Ensure that the furnace is the proper size for the job.
- Clean or replace filters regularly. Ensure burners are properly adjusted.
- Keep thermostats clean and locate them away from direct heat, sunlight, vents and drafts.

continued on Page 10

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home or building a new one, look for ways to get the best performance from your windows.

A new generation of window is on the market. Recent developments in the glass and plastics industries have produced window systems equal or superior in insulating value to the best triple-pane

windows. In addition they weigh less and reduce some of the fabric-fading ultraviolet light in sunlight.

One new product is the "suspended-film" window. These units have two panes of glass with a third layer of thin, specially treated transparent plastic suspended in between. The plastic is invisible, except on close inspection, yet it can dramatically improve the window's energy efficiency. One type of film has an insulating value similar to triple-pane windows but allows

more solar radiation to pass through. This is good for homes that rely heavily on solar heating through south windows. Another type of film improves the insulating value of triple-pane windows by 30% to 40% but also reduces the amount of solar transmission. These windows are more appropriate for new, well-insulated homes or in renovations where reduced heat loss will result in a near the window.

A second development in window technology is low emis-

sivity (or low-e) glass. A thin, invisible coating of metal is deposited on one or both panes of a double-pane window. Usually just the outside surface of the inside pane receives the treatment. This coating reduces the tendency of the inner pane to radiate room heat to the outside. Thus the inner glass is warmer, heat loss is reduced and condensation is less likely to occur on cold winter nights. An added benefit is that low-e glass has the thickness of standard sealed double-pane units and can easily replace them in renovations.

Both products are available in Alberta. If you are thinking of buying a new or replacement window for your home, look for a new booklet, "Windows", published by the Energy Conservation Branch of Alberta Energy and Natural Resources. It is available from most hardware and building supply stores in Alberta or by contacting the Energy Conservation Branch at 10010 - 106 Street, Edmonton, T5J 3L8. Telephone collect at 427-5300.

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Energy Check-up — continued

Infrared Heaters

- Use infrared heaters, rather than the furnace, to heat small areas both indoors and outdoors.
- Place heaters well away from flammable materials such as gasoline, straw, etc.

Ventilation Fans

- Select fans on the basis of capacity (i.e., cubic metres per hour), rather than fan blade diameter.
- Install protective hoods and louvers over fan openings.
- Clean fan blades, blade guards, shutters and controls regularly.

Electric Motors

- Match motor size to the connected load.
- Keep motors clean, lubricated and check drive belts regularly for wear. Follow maintenance procedures in your operator's manual.
- Turn off motors when not in use.
- Consider using high efficiency fan motors.

Other

- Use circulating fans in buildings where needed to distribute heat and fresh air, and to reduce energy costs.
- Select insulation on the basis of RSI value—the higher the RSI value, the better the insulating quality.
- Install weatherstripping around all windows and doors.
- Store bales in the loft for additional ceiling insulation.
- Stack bales against exterior walls and shovel snow against exterior walls for additional insulation.
- Use a Power Saver cord on all gasoline fueled vehicles to save energy.
- Use time switches to automatically control feeding equipment, ventilation, irrigation, block heaters and lighting systems.

Getting the most from caulking

Sealing air leaks with caulking is an effective way to reduce your heating bills and avoid hidden condensation problems. There are many products on the market today and each one performs differently, so assess your needs

carefully before you buy. Once you have decided on the appropriate caulking, keep these tips in mind and you'll have a seal that will last.

Caulking is applied only on fixed joints. For example, caulking

would be applied around a window but not between its moving parts. Take the time to compare products in the store, and ask for advice and assistance from store personnel or building and insulation contractors who use these products regularly.

Avoid cheap caulking. A cheap oil-based sealant may contain lower grades of oil, and is more likely to dry, shrink and crack.

Interior caulking can be done any time of the year, but often the job will require airing, so doors and windows will have to be kept open. If you are caulking windows in winter, be especially careful that working areas are dry.

The best way to caulk is to remove old sealants completely from the surface, put on the new caulking and paint afterwards. The caulking is only as good as the surface you are applying it to.

Another consideration is the amount of structural movement in your home. On baseboards, most of the products available will work, but if you suspect that there is a lot of movement in your house, you should pick a caulking that is very flexible and durable.

Caulking is available in three forms — semi-liquid, solid and foam. The semi-liquid is sold in tubes or in bulk and is applied with a gun. Because it is sometimes difficult to stop the flow, keep a rag handy. Solid caulking is a roll of rope or cord, good for

difficult areas because it can be applied slowly. Foam sealants come in aerosol spray cans and are good for large openings, but because the cans are pressurized they can be difficult to use.

A good seal depends on smooth application, ensuring that the caulking is pushed against the

surface to get good adhesion, and the use of a product that remains flexible and can accommodate movement. As you make the effort to do the job right, think about all the time you will save by not having to replace inferior caulking that wasn't properly applied.

Help from the HEATLINE

Is it necessary to install an air-vapour barrier when you add more insulation? How often should you clean out your wood furnace chimney? Should you insulate your basement on the inside or on the outside? If these, or any other energy-related questions are troubling you, it is very likely your answers are just a phone call away.

For more than seven years, Canadians have been phoning the HEATLINE to get helpful and accurate information on how to save energy in their homes. Today, the HEATLINE continues to provide a unique service to the energy consumer in search of facts and assistance.

The HEATLINE is a national toll-free telephone service (1-800-267-9563), established in 1977 by Energy, Mines and Resources Canada. Householders planning insulation, heating system or other energy-conserving projects can get comprehensive advice supported by printed information about materials and procedures.

The HEATLINE is staffed by program officers who can address specific problems. They are backed up by a team of technical officers who stay abreast of the rapidly evolving field of home energy management.

HEATLINE officers can provide a variety of information, whether you are looking for a no-cost solution, a low-cost retrofit or are planning a long-term project. No matter what the problem, the HEATLINE staff will be willing to offer assistance.

Many people become regular callers to the HEATLINE during the course of completing an energy conservation project. For example, a householder might make a first call to the HEATLINE to discuss in general terms what steps could be taken to cut down on heating costs. During this call, the householder might discuss particular problems encountered in heating the home (a cold and damp basement for example). A few weeks later, after reading some of the material sent by the HEATLINE officer, the householder might call back to discuss the specifics of a job such as insulating the basement. This can often become a series of calls over the course of a complex project, with the HEATLINE officer providing advice on anything from the types of materials and products available to indicators of moisture problems.

So, if you'd like advice on your energy-saving options or an answer to a specific question, the HEATLINE can help.

ENERGY SAVINGS CHECKLIST

A checklist approach to energy management is an effective way to save money in your home. Doing "right" today will reduce your energy costs tomorrow. Each situation is different — but there are some common steps to help reduce your energy bills.

<p>STEP 1 — EVALUATE THE SITUATION</p> <p>1. Inspect the building for energy leaks. A "leaky" house is a waste of money. Look for leaks in the walls, roof, windows, doors, and basement.</p> <p>The first inspection should be done in the summer months. The best time to do this is when the weather is warm and the humidity is high. This will help you to find leaks in the walls, roof, windows, doors, and basement.</p> <p>2. Check the insulation. Insulation is a key element in energy conservation. Make sure you have enough insulation in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p> <p>3. Check the ventilation. Proper ventilation is essential for energy conservation. Make sure you have enough ventilation in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p>	<p>STEP 4 — INSTALL POLYMER LEVEL OF INSULATION AND PROTECT POLYMER VENTILATION</p> <p>4. Install a polymer level of insulation. This will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p> <p>5. Protect the polymer ventilation. This will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p>
<p>STEP 2 — MAKE THE MOST OF LOW COST AND NO COST ENERGY SAVING OPPORTUNITIES</p> <p>6. Use energy-efficient light bulbs. These will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p> <p>7. Use energy-efficient appliances. These will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p> <p>8. Use energy-efficient windows. These will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p>	<p>STEP 3 — HEATING SYSTEMS IMPROVE ON EFFICIENCY</p> <p>9. Improve the efficiency of your heating system. This will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p> <p>10. Use energy-efficient heating systems. These will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p>
<p>STEP 3 — AIR-TIGHTEN CAULK AND WEATHERING</p> <p>11. Air-tighten, caulk, and weather. This will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p> <p>12. Use energy-efficient caulking. These will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p>	<p>STEP 4 — MAINTAIN AND IMPROVE YOUR HOME'S ENERGY SYSTEM</p> <p>13. Maintain and improve your home's energy system. This will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p> <p>14. Use energy-efficient maintenance. These will help you to find leaks in the walls, roof, windows, doors, and basement. If you don't have enough, add it. If you have too much, remove it.</p>

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Energie, Mines et
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L'Hon. Pat Carney,
Ministre

Canada

LITTLE BEAR AND FRIENDS



The Crossroads . . .

by Wagamese . . .

The old man sat on a stone beside a crossroads. The road stretched long and flat in all directions. As he sat there, in just the right sunlight, smoking on a pipe, a large black limousine drove by. Ten minutes later the same limousine rolled by again. Four times it did that, finally it rolled to a stop close by where the old man sat.

A dark window rolled down and a cigar smoking businessman stuck his head out.

"Hey, you," the rich person in the limousine called out, "can you tell

me where this road goes?"

The old man just shook his head.

The businessman pointed down another road, "how about that one, where does that one lead?"

The old man shrugged.

"How about that one, which town is that way?"

The old man shrugged again.

The man in the limousine, starting to get a little red in the face, pointed down the road he had just

driven on. "How about this one, then? Surely you must know where this one goes."

The old man just smiled like a person would smile at a fish.

This got the other man pretty upset.

"So you mean to tell me you don't know where any of these roads lead. Boy, that means you're kind of stupid, doesn't it?"

The old man struck a match to relight his pipe. "Well, I may be stupid," he said, "but I ain't lost."

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Metis Funding Request Turned Down

by H. Chaparral

Native Affairs Minister Milt Pahl said he just doesn't have enough funds in his department's coffers to meet a request from the Metis Association of Alberta (MAA) to help

decentralize services.

The MAA will most likely have to wait until next year to establish six proposed regional offices for six regional vice-presidents. Altogether the Association is looking for about \$1 million.



Pahl said recently, however, that he's prepared to meet with the MAA again, perhaps as early as the middle of November. "I had to tell them the money just wasn't in the budget this year. We agreed at our last meeting to meet again," he said.

Metis spokesman Paul Sinclair, MAA Zone 5 Vice-president, is requesting new funding for the regional offices because those costs were not included in budget negotiations for the current fiscal year. Sinclair acknowledged, however, that the association didn't submit its proposal in time for the 1985-86 fiscal budget. But he added the association remains hopeful it can convince Pahl to find some

funding to start the project this year.

The concept of regional offices evolved from a reorganization of the MAA in 1984 at their general assembly in St. Paul. Members called for the establishment of offices with a Vice-president for each of the zones. They also wanted fieldworkers in the regional offices who would concentrate on programs such as education and social services.

"We had a very good discussion with the minister," said Sinclair after meeting with Pahl. "I wouldn't say at this time he said no, but there's some hope of getting some money before the next fiscal year in April, 1986".

Sinclair said he is going to meet with Local presidents and let them know the MAA is not going to be "regionalized".

Sinclair has urged the Metis of Alberta to start approaching their MLA's to begin lobbying for funding the regional offices.

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PTN Now Totally On Its Own

An executive member of the Prairie Treaty Nations Alliance (PTNA) has announced that their chiefs have unequivocally disassociated themselves from the assembly of First Nations (AFN), presently headed by George Erasmus of the Dene Nation.

Verne Bellegarde said the PTNA Chiefs were once

again reaffirming their decision to withdraw from the AFN. The proposal was passed by the Chiefs-in-Council when they met in late August on the Sarcee Reserve.

Both the chiefs and Bellegarde want it explicitly understood by the minister of Indian Affairs and Northern Development, Hon. David Crombie, that the relationship has been severed.

Wayne Ahenakew, a representative of the PTNA, delivered a letter to Erasmus in person, advising the AFN leader of the move. Copies of the same letter were also mailed to the prime minister's office, David Crombie,

and the minister of Justice, Hon. John Crosbie.

Several months ago in Ottawa, leaders of the PTNA held an important meeting with Prime Minister Mulroney to lay out the blueprint of a bilateral process between Canada and the PTNA.

The PTNA chiefs, representing a large number of First Nations who are signatories to the "numbered treaties" within the British Crown, are now prepared to settle the matter of formal recognition with the minister of Indian Affairs.

The PTNA expects to receive some of the funds originally earmarked for the Assembly of First Nations.

DIA Announces Major Job Cutbacks

The Council of for Yukon Indians recently stated they were pleased with the announcement by minister of Indian Affairs and Northern Development David Crombie to cut approximately 1,500 jobs in his department. The move is seen as a major step towards more self control for Indian bands across the country.

"It's been a long time coming," said Bill Webber, CYI's vice chairman for economic development. He remarked it was just what was needed "to put the resources out to the bands and communities".

For the past 100 years, the Department of Indian Affairs has virtually ruled the Indian people, but now people like Mike Smith see the change in a positive light. "Generally, we support it... we're in favour of cutbacks in staff".

The Native Council of Canada's vice-president for the west, Dorothy Wabiscas, said however, that there should have been more consultation with Native peoples before such a major step is put into action.



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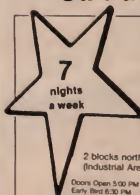
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In the final analysis, each person must assume the responsibility for at least changing his or her own attitude towards drinking and driving. We do feel, if the momentum of the current movement is any measure, the day is not far off when the drunk will be viewed not as a pathetic or comic figure, but when behind the wheel of a vehicle; as the potential killer or she really is.

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Christmas Show a Success

One-Of-A-Kind Jewellery

North American Native peoples have used turquoise, shell and bones to make ornaments and jewellery since time immemorial. In the 1860's they began creating traditional silver jewellery. The development of new tools, and new materials such as gold and diamonds saw the emergence of new type of Indian jewellery. Eric North Peigan is building on this rich tradition.

North Peigan has worked as a bus driver and a fisherman, but it was a position as a co-ordinator for Alberta Environment, Lethbridge Northern Irrigation District, that he gave up to become a silversmith.

"That's how I make my living, I do it full-time," he says.

He makes everything from scratch in a small shop he has set up in his basement. "Your silver comes in sheets, you draw out your design, stamp it on, cut it out . . . you start with your stone and design around it . . . every design is different."

North Peigan uses only solid sterling silver and each piece is "one-of-a-kind". He views making jewellery not as a craft, but as an art — a medium which to express himself, "instead of a paint brush and easel."

The work of Eric North Peigan was featured in the AIACS Second Annual Festival of Emerging Native Alberta Artists. He entered a slave bracelet (a ring attached to a bracelet with a chain), and a pendant and matching earrings. The bracelet had a split wrist band and was adorned with leaves. The pendant and earrings had silver feathers. The stones in all three pieces were oval black onyx, but North Peigan also works with coral and tiger eye. North Peigan sold out at this year's festival.

He is now starting to experiment with different forms of jewellery. He completed a goldsmithing and casting course in July.

North Peigan says he plans to learn about and explore every aspect of making jewellery. "I don't feel I have to be confined in anything I do. I can venture into any element of design."

Visitors of the Fifth Annual National Christmas Show and Sale of Canadian Indian Arts and Crafts on November 1, 2, and 3 in the Edmonton Convention Centre were able to view numerous exhibits, displays and demonstrations during the three day event.

Of the seventy plus exhibitors in this year's show, twenty-five of these groups reside in Alberta.

Two Alberta craft groups who attended this year's show were the John D'or Prairie Arts and Crafts Club from the Little Red River located 140 km east of High Level, and the Hobbema craftspeople from Hobbema who produce the popular Pendleton sweaters and jackets.

Other craftspeople and artists in the show were from as far from home as Grande River, Newfoundland, and Yellowknife, N.W.T., which made the show a one-time opportunity for visitors to purchase

selection of top quality goods.

Internationally renowned Native artist Alex Janvier did the honours of officially opening this year's show.

Janvier just recently returned to his home in Cold Lake from a tour of China, where he exhibited some of his works.

His paintings have also been exhibited in Sweden, Brazil, Belgium and France.

During the five year existence of the show it has grown double in size due to the tremendous response of new and repeated exhibitors and visitors.

After the Edmonton show had completed its second year it was felt that there was a need to expand the sale of Indian arts and crafts in Alberta.

In November of 1983 Calgary hosted its first show and has done so ever since with similar results to that of Edmonton's.

Alberta Vocational Centres in Lac La Biche and Grouard were also an important contribution to this year's shows.

An exhibit of Native Cultural Arts programs offered at these institutions was displayed throughout the duration of the trade show.

Both visual and verbal information was available for visitors.

Representatives from the centres were on hand to give course outlines, show samples and answer any questions.

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"I am very pleased with these plans", said Fyfe. "There is an extremely large volume of commuter and agricultural traffic using this route and improvements here will be most welcome."

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